# Mindfulness Critical Question Planner

The question is:

“Would the world’s problems be solved if we were all more mindful?”

**Consider your experiences this week along with the key issues that you believe are affecting the wellbeing of our world [choose 2-3]. What could possibly fix these problems? Is mindfulness the answer? Or do we need to do more?**  **Use evidence from the classes and trails as evidence to support your answers.**

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| *Introduction:* “Mindfulness” means… | *(Give your definition here… you may wish to use a dictionary definition, or find one elsewhere)*  \*\*\*You can use definitions from the week 8 page of the wiki or your own understanding. \*\*\* |
| **State whether you believe mindfulness is capable of fixing the world’s problems or not.**  What are the three greatest challenges currently faced by the world?  *Examples you could use:*   * Global Warming. * Poverty. * Discrimination. * Wars. * Violence. * Corruption. * Illness. * Use the resources on the wiki page to help you find others | *This essay will demonstrate that mindfulness is / is not capable of solving the major problems faced by this world in the following examples:*  1. |
| 2. |
| 3. |
| Worldwide problem #1:   * Explain why this problem is one of the most significant faced by the world. * How could this problem be solved? * Is mindfulness the answer? What benefits are there? Is that enough? * Do we need to do more? If so, what?   *Evidence you can use:*   * Discussions that were had in the introduction to mindfulness class. * Reflection on your experiences on trail – in the city & with Anselm * The brainstorm that we on trail – see your booklets * Resources from the week 8 page on the wiki – articles, videos, pod-casts, etc. |  |
| Worldwide problem #2:   * Explain why this problem is one of the most significant faced by the world. * How could this problem be solved? * Is mindfulness the answer? What benefits are there? Is that enough? * Do we need to do more? If so, what?   *Evidence you can use:*   * Discussions that were had in the introduction to mindfulness class. * Reflection on your experiences on trail – in the city & with Anselm * The brainstorm that we on trail – see your booklets * Resources from the week 8 page on the wiki – articles, videos, pod-casts, etc. |  |
| **Optional - Worldwide problem #3:**   * Explain why this problem is one of the most significant faced by the world. * How could this problem be solved? * Is mindfulness the answer? What benefits are there? Is that enough? * Do we need to do more? If so, what?   *Evidence you can use:*   * Discussions that were had in the introduction to mindfulness class. * Reflection on your experiences on trail – in the city & with Anselm * The brainstorm that we on trail – see your booklets * Resources from the week 8 page on the wiki – articles, videos, pod-casts, etc. |  |
| *Conclusion:*  Define your understanding of mindfulness once more.  *Based on the discussion above, I believe that if people were more mindful the world’s problems would / would not be solved … [decide]* |  |